

Company Registration No. 02701313 (England and Wales)  
Registered charity number: 1012889

**The Maya Centre**  
(A company limited by guarantee)

**Unaudited trustees' report  
and financial statements**

**For the year ended 31 March 2024**

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**bacp** | **Accredited  
Service**

# The Maya Centre

(A Company limited by guarantee)

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## **The Maya Centre**

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### **Report of the trustees**

**For the year ended 31 March 2024**

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The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

### **Objectives and Activities**

#### Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;
2. To educate the general public on the subject of mental health.

The charity has the general aim of improving the mental health of deprived and marginalised women by providing free individual counselling, group therapy and community wellbeing activities.

### **Main activities undertaken to further the charity's purposes for the public benefit**

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

## **ACHIEVEMENTS AND PERFORMANCE**

### **Review of activities**

All our activities are in line with our vision and mission.

#### **Vision**

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

#### **Mission**

Our mission is to build a safe and inclusive women-for-women community in which we:

- Offer a range of free trauma-informed services to minoritised women on low-incomes, including counselling & psychotherapy, group work and complementary therapies.
- Support recovery from depression, trauma and Violence Against Women and Girls (VAWG) with a focus on building trust, resilience and voice.
- Flex to meet women's different needs by offering between 6-24 sessions of counselling, as individuals, in groups, face-to-face or remotely.
- Prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific, minoritised cultural groups.

## **The Maya Centre**

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### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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## **ACHIEVEMENTS AND PERFORMANCE (continued)**

### **Overview of the year 2023-2024 :**

The Maya Centre specialises in free, trauma-informed counselling for low-income, minoritised women living in Islington and surrounding boroughs. Our counselling is psychodynamic in origin, with the flexibility to adapt to the specific needs of diverse women seeking our services. In recent years this has led to the development of broader trauma-informed services, including a full suite of holistic mind-body therapies, psychoeducational group work in community languages, 1-2-1 and group Art therapy and inclusive wellbeing workshops.

From April 2023 to March 2024, The Maya Centre continued to manage the large number of referrals received for counselling in the post-Covid era. On 1st April 2023, there were 164 women on the waiting list for therapy, and 148 women who were at various stages of engagement with our services, from assessment to completing therapy—all of whom had been referred before. During the 12-month reporting period, an additional 255 referrals for therapy were received, increasing the number of women needing to be risk assessed and screened for eligibility to 419 women. By 1st April 2024, 273 referrals were processed and, the waiting list remained at 146 women.

Our holistic, wrap-around support approach ensures that women are informed about all available services, have the opportunity to choose new services, and are internally referred at the right time. This approach facilitates a planned and smooth transition to the most suitable services within the centre. This constant movement reflects the fluid nature of service engagement at The Maya Centre, where women progress at different rates. This dynamic affects how we produce our monitoring reports, as it may appear that many women are following similar therapeutic pathways, albeit at different stages. Although this presents some challenges, we remain committed to meeting our target numbers and fulfilling our obligations to funders. Our annual target for the number of women in therapy can fluctuate based on funding availability. For this year, our funding allowed 237 women to complete a full course of individual or group therapy at The Maya Centre, while in total, 421 women accessed various stages of therapy or participated in psychoeducational workshops.

In addition to our one-to-one and group therapy services, The Maya Centre offers safe community spaces through our Women's Hub. The Women's Hub community wellbeing project in Islington empowers women by providing safe, supportive spaces for those facing marginalisation, low income, domestic abuse, and other barriers to wellbeing. During this period, the Women Hub team engaged 330 women from diverse backgrounds in various activities, including 59 peer support group sessions, 73 wellbeing workshops, and one-to-one support for 34 women. Seven family wellbeing events engaged 229 women, featuring themes like Black History Month and International Women's Day.

The long term impact of the dual pandemic of Covid-19 and Violence Against Women and Girls (VAWG), was further deepened by the rise of cost of living and the reduction in mainstream support services, leading to worsened mental health, especially amongst low income, migrant and minoritised women, adding to the complexity of client's issues and their mental health support needs. In addition to providing our core therapeutic interventions and Women Hub's wellbeing groups, The Maya Centre adapted new responses to meet these emerging needs by focusing on raising resources to support women with Cost of Living, to help them access therapy and group activities at the centre. We supported 55 women through targeted funds — Crisis Fund, Travel Fund and Creche Fund — and 120 women through the provision of hygiene and personal care products. In addition to the funding from MOPAC, we were able to support another 14 women through Islington Giving - Family Catalyst funding by providing cash grants to improve wellbeing. These grants enabled women to travel, pay for tuition fees, and access wellbeing activities.

## **The Maya Centre**

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### **Report of the trustees (continued) For the year ended 31 March 2024**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

In 2023-24, The Maya Centre's holistic services were made possible through diverse funding sources. The Mayor's Office for Policing and Crime (MOPAC) provided a three-year grant to support long-term specialist counselling and mind-body therapies for 35 highly traumatised women annually. Additional support came from Richard Cloudesley for the Black Women's Project, offering group therapy and workshops for 40 women, while the City Bridge Foundation funded one-to-one counselling services targeting 36 Black, Asian, Minority Ethnic, and Refugee (BAMER) women. The Accept Consortium (NCL CCG) supported counselling for 91 women referred by Islington health services, with a focus on minoritised women and addressing Violence Against Women and Girls (VAWG). The Embassy of Ireland funded counselling for 35 Irish women, and the Big Lottery Reaching Communities fund enabled Community Wellbeing programs for women and girls in Islington through the Women's Hub. A second City Bridge Foundation grant (Propel -Explore) supported social justice initiatives, empowering service users to shape local women's services.

Support for operational costs was secured through various sources, including Cripplegate Foundation, Henry Smith Charity, Islington VCS Partnership Fund, and Considered Ask Funding, which helped hire a Communications and Fundraising Manager. Additionally, MOPAC provided a new two-year grant starting in January 2024, in partnership with MamaSuze, to deliver Art therapy and counselling for migrant, asylum-seeking, and refugee women. Cost-of-living support came through Islington Giving – Family catalyst Fund and the Mayor's Office for Policing and Crime, while donations from TOMS, Macquarie & Co., Slaughter and May, and other individual contributors helped sustain the organisation's core functions. These contributions were bolstered by increased visibility through the centre's website and social media.

The Maya Centre has made significant strides in partnership building and organisational development. A new partnership with MamaSuze was launched to deliver art-based therapeutic groups for asylum-seeking and refugee women in January 2024. The Centre also continued its active role in Islington's Domestic Abuse Partnership Programme, led by Cripplegate Foundation, where it serves as a mental health expert. Furthermore, the Centre has been instrumental in promoting a newly developed Islington inequalities toolkit aimed at enhancing anti-racist and culturally sensitive service provision. Outreach efforts by the Women's Hub team resulted in collaborations with over 20 local organisations, forming strategic partnerships with key groups such as Islington Mind, Health Watch, local councillors, Community Group and Cripplegate Foundation to amplify women's voices in local policy development.

Organisationally, the Maya Centre underwent important changes and faced challenges. In November 2023, five new trustees joined the board, bringing diverse expertise in clinical, finance, and HR areas. The Centre renewed its premises lease for five more years, including improved accessibility features like lift access for disabled women. It also formed a historic partnership with three women's organisations—WRC, KMEWO, and TF—to bid for permanent occupancy of the upcoming Holloway Women's Building, set to complete in 2027. Staff turnover presented difficulties, with several key departures and subsequent new hires, including a new CEO in August 2023 and additional managerial roles filled by March 2024. The Centre shifted its focus to staff wellbeing, implementing new HR support, wellbeing initiatives, and a five-year service plan with Peninsula, which includes an Employee Assistance Program offering counselling and advice services.

#### **1. Therapeutic services: Individual and Group Counselling**

Our core offer of specialist individual and group counselling continues to flourish via a team of 19 trained and experienced counsellors, all of whom are registered or accredited by the BACP. Therapists are also supported by 5 clinical supervisors in addition to Clinical Director's and clinical admin support.

## The Maya Centre

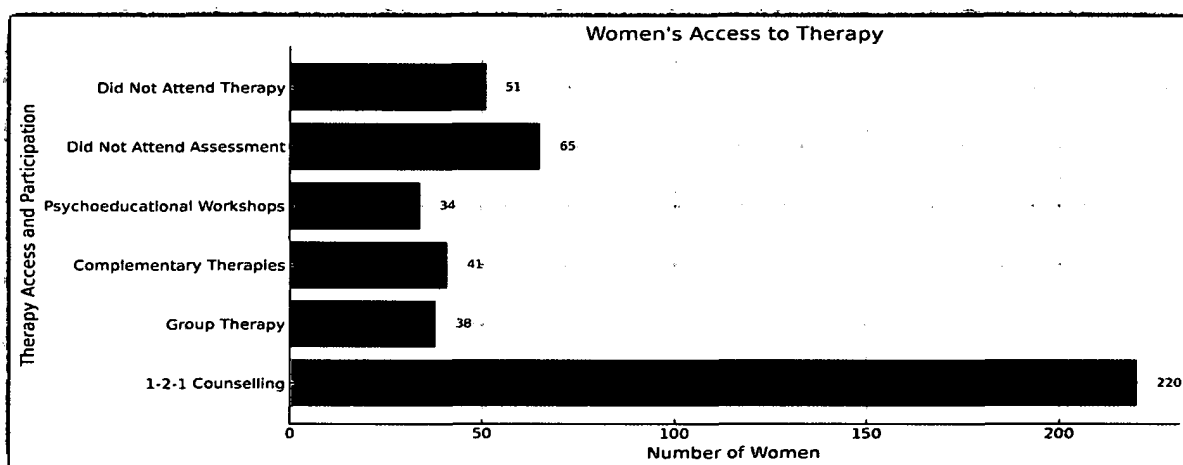
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### Report of the trustees (continued) For the year ended 31 March 2024

#### ACHIEVEMENTS AND PERFORMANCE (continued)

We successfully renewed our external accreditation from the British Association of Counselling and Psychotherapy for our counselling service for Five years, demonstrating to clients, commissioners and funders that they can have confidence in the professionalism of the Centre and its staff.

Over the 12-month period, The Maya Centre supported 421 women through various therapeutic interventions, including 148 women who were already in service and 273 newly processed referrals. It is important to note that while some women were reaching the end of their therapeutic journey, others were just beginning, and some were transitioning from individual therapy to complementary or group therapies.



The Chart (1) above illustrates women's access to therapy: from a total of 421 women, 220 women accessed 1-2-1 counselling, 38 women accessed group therapy (Art therapy, Hidden Chronic illnesses and 3 X EECs), 44 women attended complementary therapies, and 34 women attended psychoeducational workshops, 65 women who did not attend their offered assessment sessions and 51 women who did not attend their therapy sessions after their assessments.

#### Individual Counselling:

The Maya Centre continued to offer from 6 to 24 weeks of counselling sessions depending on presenting issues and recommended treatment. Our Service are provided in 13 different languages with specialised services targeting Black women, Irish women and women from global majority communities (BAMER). Our Art Therapy specifically targets migrant, refugee and asylum seeking women. Other funding streams for the service targets those who are survivors of domestic and /or sexual abuse through long term counselling, up to 24 sessions.

A data sample of 246 women in our CoreNet data base system indicates that Self-referrals made up 52% of referrals and 48% were referred through local professionals and agencies, with an increase in referrals from NHS services, Solace Women's Aid, Mind, IMECE, Nia and Age UK.

During this year, 57% of the women accessed face-to-face sessions, 18% received counselling by telephone, and 25% were seen online, with about 20% of the women receiving a combination of face to face, telephone and/or online sessions.

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**Report of the trustees (continued)**

For the year ended 31 March 2024

**ACHIEVEMENTS AND PERFORMANCE (continued)**

**Presenting traumatic issues:**

A significant 2700 issues presented by the 298 women completed therapy within the 12 months period.

(chart 2) illustrate the complexity of issues women have disclosed during their therapy journey:

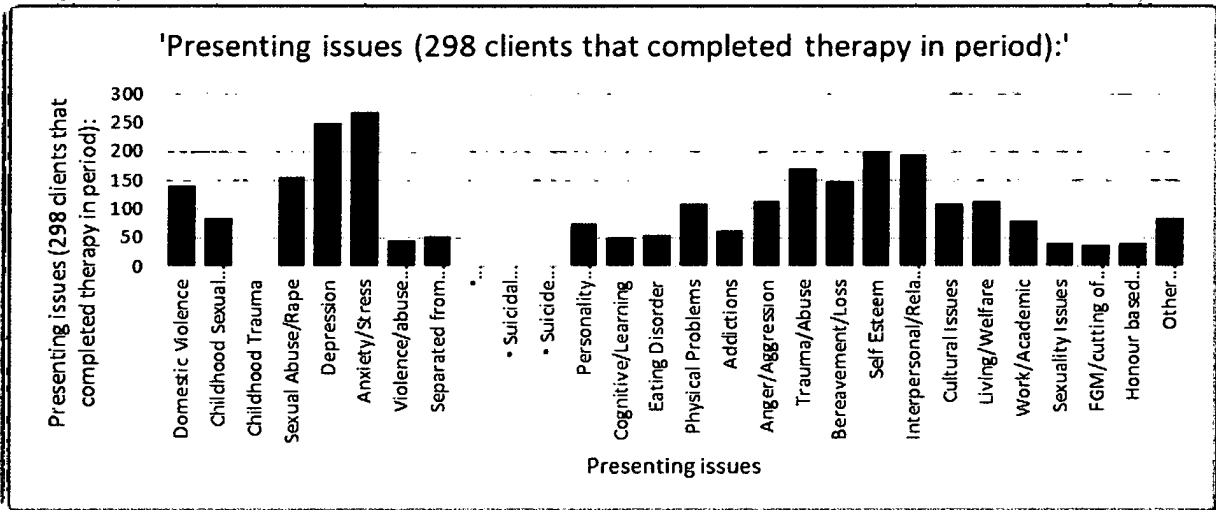
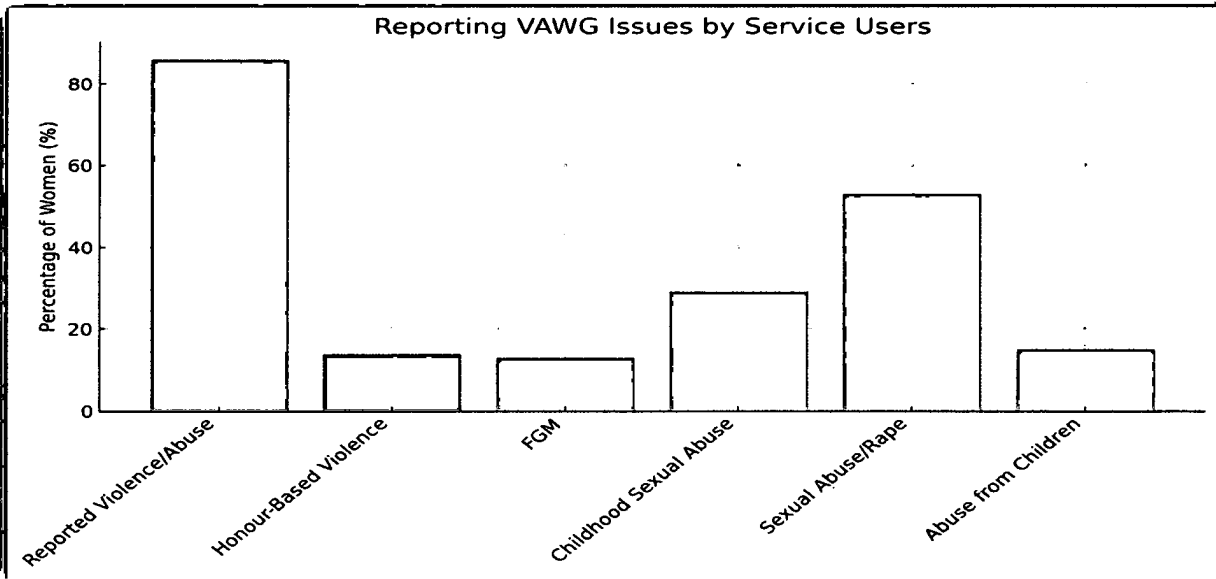


Chart (2) also indicates that 50% of the women reported trauma due to bereavements, reflecting the impact of post Covid-19 era, and 38.2% reported difficulties in welfare and living costs due to poverty, reflecting the impact of rise of cost of living crises.

Chart (3) below illustrates the prevalence of different forms of VAWG reported among the 298 women supported, showing the alarming percentages of women who reported various forms of violence and abuse. Including general violence/abuse, honour-based violence, FGM, childhood sexual abuse, sexual abuse including rape, and abuse from children.



**ACHIEVEMENTS AND PERFORMANCE (continued)**

**Demographics of service users :**

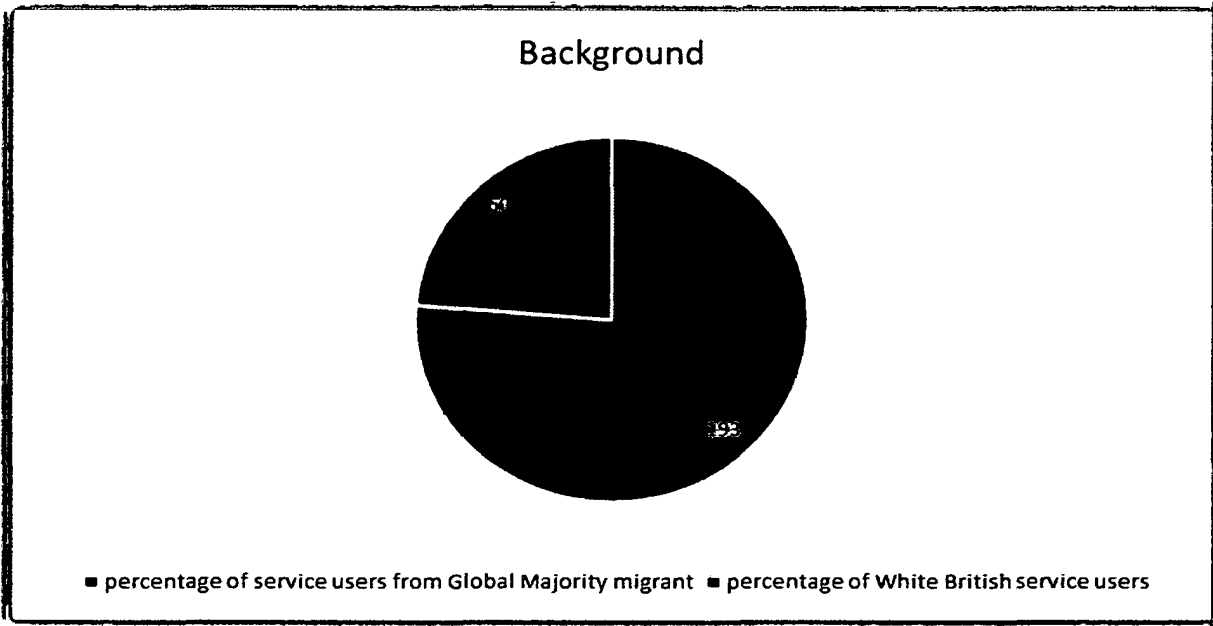
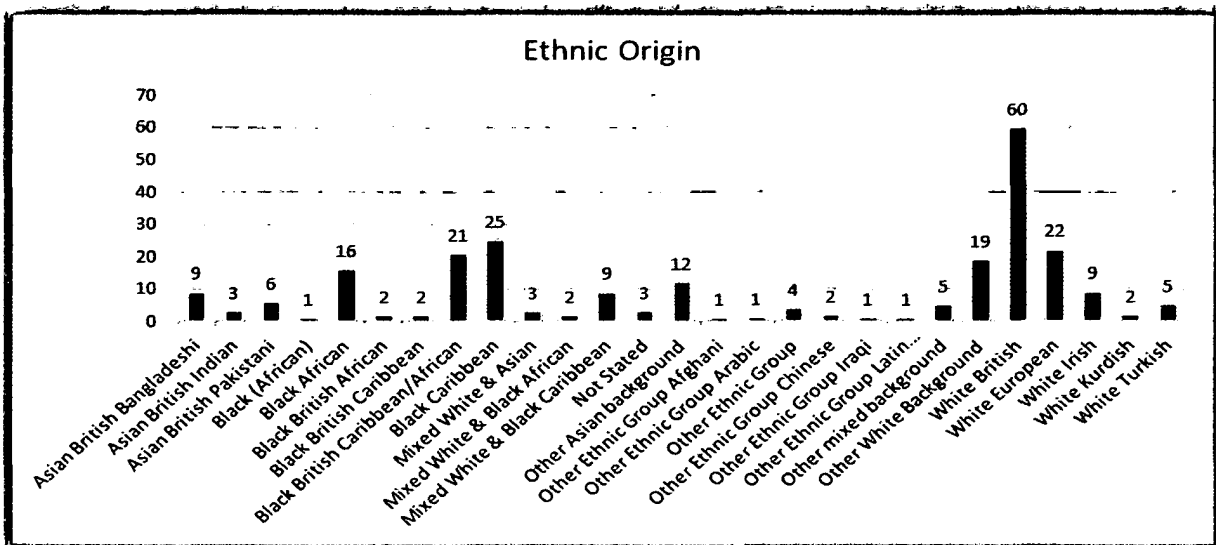


Chart (4) indicates that 76.2% of our service-users were from Global Majority, migrant or refugee backgrounds and 23.8% White British .

Chart (5) : Ethnicity:



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**Report of the trustees (continued)**

**For the year ended 31 March 2024**

**ACHIEVEMENTS AND PERFORMANCE (continued)**

Chart (6) : Age group

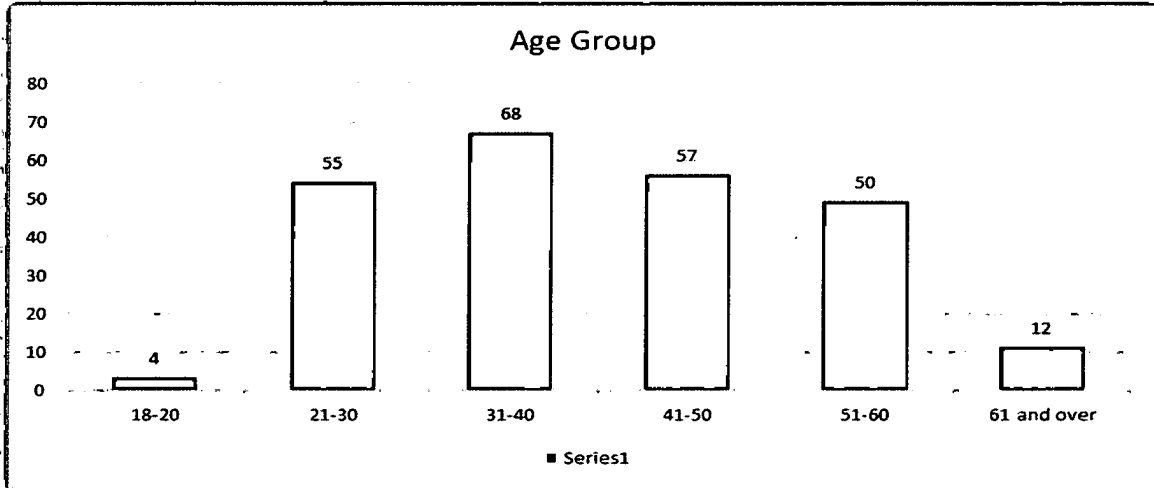
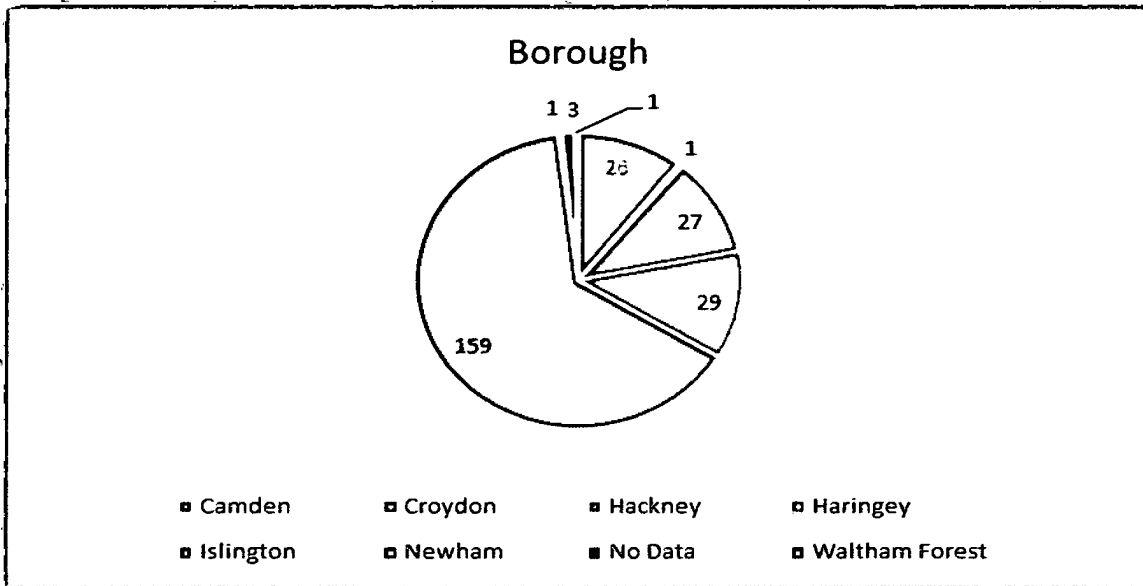


Chart (7) : Residency by London-Boroughs



**The Irish Women’s Project** at The Maya Centre provides counselling and psychotherapy to vulnerable women of Irish descent (minimum of one Irish grandparent) of all ages over 18. Through the Irish women’s service, each woman receives six to 24 sessions of one-to-one counselling and specialist trauma therapy with Counsellor or Psychotherapist of Irish or Irish descent. Most will have experienced gender-based violence, sexual assault, rape, incest or childhood sexual abuse. For these clients, this will be the first time they receive culturally sensitive counselling from a therapist who understands their specific experience as Irish women or members of the Irish diaspora. At the start, middle and end of the allocation, clients’ own responses to treatment are monitored and recorded on our CORE system. Each therapist also completes an End of Therapy form where they clinically assess the client’s development throughout the process. Each client also completes an End of Therapy Feedback form.

## **The Maya Centre**

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### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

##### **Holistic Mind-Body Therapies (Complementary therapies):**

HMB therapies are offered to women who have completed a course of specialist 1-2-1 counselling; therefore they are included within our clinical services for reporting purposes. The Maya Centre offers six sessions of either Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2023-March 2024, 44 women received treatments from three specialist therapists. The women benefited from one of the types of body-mind therapies delivered from the Maya Centre. They include Holistic Bodywork Therapy, Reiki and Cranio-Sacral Reflexology. These therapies often enhance emotional, physical, and mental well-being of women, contributing to their journey of healing and recovery by resetting the parasympathetic system, providing a sense of safety and relief.

##### **Group Counselling & Psychoeducation groups:**

**The Black Women's Project (BWP)** supports women from Black African and Caribbean heritages who are seeking representative trauma-informed counselling on issues including abuse and violence, racism, discrimination and misogyny. Two Lead Counsellors have managed the project since January 2023, delivering the new framework that includes 9-12 weeks of Emotional Emancipation Circles (EEC) and psychoeducation groups, with some women referred on to 1-2-1 counselling. All EECs, the BWP psychoeducation workshops, and 1-2-1 counselling sessions have been delivered face to face onsite.

Aiming at reducing health disparities for Black women in Islington, the project provided safe spaces for tailored activities that meet their specific needs. Access to childcare has significantly improved participation and retention rates.

The project also provides a gender-specific and intersectional space where women can openly discuss issues like violence against women and girls (VAWG) and domestic abuse, especially for those with intersecting identities such as being Muslim, single parents, or neurodivergent.

##### **The Emotional Emancipation Circles (EECs):**

are secure, safe and communal nurturing spaces where Black people come together to 1) share personal stories and feelings 2) deepen understanding of the impact of our history on our emotions, relationships, and community, and 3) free-self from the stereotypes, learn and practice essential emotional wellness skills. Although the EECs are for all genders, here at the Maya Centre, it focuses on the women from the community and how gender and intersectionality compound the above statements.

##### **Black Women's Psycho-education Groups (PEW)**

are psychotherapeutic spaces that provide a well curated and specific space to explore themes that impact on the lives of women and come face to face with the nuances of race, religion, culture and gender.

Over the past twelve months :

- Three Emotional Emancipation Circle Groups, each consisting of 9 sessions. Out of 19 assessments, 11 women completed the programs.

- Three Psychoeducation Groups were held, with sessions organised over 6, 8, and 4 weeks. Out of 27 women registering for the groups, 19 women attended the groups. The groups included: Moving On vs Moving Forward (6 weeks), Coping with Feelings of Isolation (8 weeks), and Therapeutic Writing - My Journey to Me, My Story, My Way (4 weeks)

# The Maya Centre

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## Report of the trustees (continued) For the year ended 31 March 2024

### ACHIEVEMENTS AND PERFORMANCE (continued)

#### Specialist / Thematic therapy groups / Psychoeducational groups:

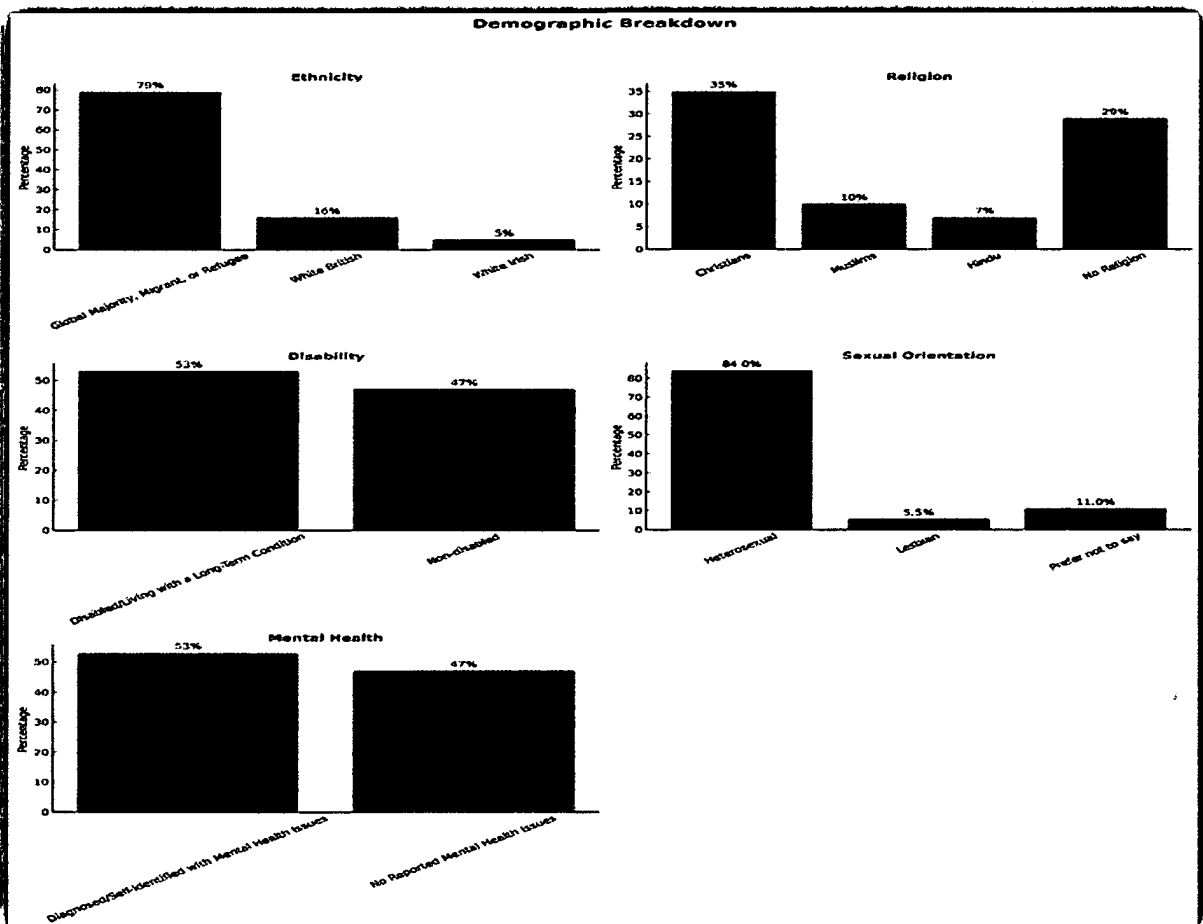
- Six sessions of Psychoeducation group sessions were provided to a group of Bengali women, the sessions were attended by four women.
- Art Therapy: Ten sessions of Art therapy were provided to a group of 11 women between April-June 2023.
- A 30 sessions program of group therapy focusing on "chronic and long-term health conditions" started early 2024. By end of 31st March of 2024, nine sessions were delivered to a group of 8 women.

#### 2. Community based Wellbeing services/spaces:

##### Women's Hub Project:

The Women's Hub community wellbeing project was established to empower women in Islington by providing safe and nurturing platforms, especially for those most affected by marginalization, low income, domestic abuse, and other barriers to mental health and wellbeing. The initiative aims to amplify women's voices and support their agency within the community. Women's Hub activities mainly represent minoritised women from disadvantaged communities. All women who often face adverse health outcomes due to factors such as low income, discrimination, abuse, and exploitation.

Data analysis from 38% of the unique beneficiaries monitoring information indicates to the intersectionality of our service users' experiences. The chart below illustrates the demographic breakdown across five categories: Ethnicity, Religion, Disability, Sexual Orientation, and Mental Health.



## **The Maya Centre**

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### **Report of the trustees (continued) For the year ended 31 March 2024**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

##### **Key Achievements:**

A total of 330 women from diverse ethnic and social backgrounds participated, coming together to learn, socialize, and engage in women-only community-based wellbeing activities.

- **Peer Support Groups:** The team organised 59 weekly peer support sessions, engaging 55 women across seven groups. The purpose of these groups is to discuss ideas for wellbeing activities, form social networks, and encourage service user involvement through volunteering in social activities
- **Wellbeing Workshop Sessions:** The team conducted 73 weekly wellbeing workshops facilitated by community navigators, therapists, volunteers, and clinicians. Workshops covered topics such as fitness and fun, budgeting for cooking, menopause awareness, self-discovery, dealing with grief, relaxation through "Follow Your Feet," Indian head massage, and more.
- **One-to-One Support:** Individual support was provided to 34 women through sessions with community navigators in a safe and confidential environment, addressing issues related to children's school arrangements, welfare, health and social care, and access to other services.
- **Community Events:** Seven family wellbeing events were organized, engaging 229 women. Events included Wellbeing Saturdays, Black History Month celebrations, Animal Therapy, Flower Therapy, and International Women's Day 2024.

##### **Leaders Group and Propel-Explore Project:**

(Establishing Women's Voices in Mental Health for Social Justice)

Starting in June 2023, the Propel-Explore project introduced a Community Organizer role to the Women's Hub team to guide and organize the Women Leaders Group. The group began meeting weekly to discuss initiatives, acting as champions to amplify women's voices and agency in the community. Their efforts included launching a Women's Forum, conducting outreach to build new partnerships, and participating in local discussions on service improvements. The group's focused on leading community discussions on issues affecting women's well-being and to develop ideas and strategies for influencing change, particularly with mainstream service providers, local authorities, and decision-makers. The dedicated staff member in this role had previously volunteered with the Leaders Group and joined the Women's Hub to continue her impact through community-building activities and to lead the new cohort of the Leaders Group. By October 2023, a team of six women leaders started meeting regularly to plan the way forward.

The project have established local partnerships with organisations such as Islington Mind, Nafsiyat, Cripplegate Foundation, and Mental Health commissioners to strengthen the influence of Women Leaders groups in shaping local policies.

One Women's Forum was organised, with over 107 women actively participating in presentations, activities, discussions, and sample sessions of yoga and wellbeing workshops. They held discussions and collaborated with over 20 local voluntary and community organizations, community centres, children's centres, and libraries. In addition, two service users participated in a local partnership led by Cripplegate Foundation to improve the response for women survivors of domestic abuse and Violence Against Women and Girls (VAWG).

##### **Cost of Living crisis services:**

During the reporting period, The Maya Centre supported 55 women through three targeted funds (Crisis, Travel, and Creche) and provided hygiene and personal care products to 120 women. The Crisis Fund distributed cash grants between £30 and £500 to 37 women, covering essentials like food, household items, and energy bills; 59% of the recipients were mothers, with support also extended to carers and women without dependents. The Travel Fund assisted 20 women with local transportation costs, enabling them to attend counselling or Women's Hub activities. The Creche Fund covered the cost of three qualified creche workers, providing 39 childcare sessions for children of mothers attending therapy, including those facing complex access barriers such as special needs. Additionally, creche services were made available for group activities through the Women's Hub and the Black Women's Project. Hygiene and personal care products were distributed to 120 women at events, group activities, and the reception area of The Maya Centre.

## **The Maya Centre**

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### **Report of the trustees (continued) For the year ended 31 March 2024**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

##### **Impact and benefits of our services**

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service. Across all of our services, we work to 4 main organisational outcomes:

- **Recovery**: reduced impact of trauma, greater ability to enjoy life and plan for the future.
- **Resilience**: reduced isolation; increased sense of wellbeing and self-esteem.
- **Prevention**: reduced risk to self and likelihood of abusive relationships.
- **Wider community**: improved personal relationships, social and support networks

##### **Effectiveness of Counselling Service:**

For our core individual and group counselling offer, we continue to use the nationally recognised Clinical Outcomes in Routine Evaluation via our online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological counselling services.

Counselling clients are given CORE questionnaires to complete at different stages: pre-counselling, mid-counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional well-being, problems, functioning and risk to self and others. Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE end of therapy assessment form.

Based on the information from CORE questionnaires, relating to 254 women who completed their individual counselling between April 2023 to March 2024, we see the following:

- 99% of women showed an improvement in their ability to explore their feelings and problems.
- 97% of women showed an improvement in their ability to express how they are feeling
- 92% of women showed an improvement in personal insight.
- 92% of women showed an improvement in their coping strategies.
- 94% of women showed an improvement in their subjective well-being.
- 93% of women showed an improvement in day-to-day functioning.
- 84% of women showed an improvement in their decision-making
- 94% of women showed an improvement in personal relationships.

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved': our enhanced clinical outcomes in 2023-4 suggests that women being offered both longer-term counselling and extensions to counselling sessions had a significant impact on their recovery and resilience.

##### **Effectiveness of Group therapy and workshops:**

##### **Measurement of Change in our Psychoeducational Groups:**

The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was used to measure individual changes resulting from participation in the Workshops. This included learning from the content, shared lived experiences, and the benefits of fellowship and cultural community within the Group. Comparisons were made of scores related to psychological, emotional, and physical well-being, collected at the start, middle, and end of the Workshops. Scores were calculated, reflecting either "Low" or "Moderate" levels of Well-being.

## **The Maya Centre**

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### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

The result of this measurement for workshops participants have indicated to 80% positive increase in Well-being among the women. Indicators of improvement included participants reporting better problem-solving, feeling optimistic about the future, feeling useful, thinking clearly, feeling good about themselves, and feeling close to others.

The groups have effectively improved participant's mental health, daily functioning, and coping skills while addressing cultural and gender expectations.

The greatest level of positive change was reported by a young mother, who shared,

"I was able to put boundaries in place with my daughter and then wrote down how good it felt. It's the first time in years I've been able to write..."

Overall change measured through all our types of group therapy and psychoeducation workshops, our data for the reporting period indicates to:

- 95% of women showed an improvement in their overall wellbeing, resilience and expressive ability.
- 98% of women showed an improvement in their coping strategies
- 92% of women showed improvement in personal insight.

#### **Effectiveness of Women's Hub Community Wellbeing Project:**

The Women Hub team was able to organise listening exercises, develop multidimensional relationships, and build partnerships. The team have established effective community-based connections with various women's groups, including Somali, Irish, Black African, and Caribbean women's groups. The team have built broader relationships with local voluntary and community organisations, local councillors, and professionals from the statutory sector.

The community based wellbeing days and activities helped the women to relax, learn new skills and overcome the isolation and build a network of peers. Using feedback forms and a survey indicated to the following outcomes:

- 81% of participants in workshops and activities reported improved wellbeing and enhanced knowledge and skills.
- 75% of women mentioned that group participation helped them feel connected to the community.
- 100% of participants in our cooking class reported improved food budgeting and nutrition skills, as well as enhanced social networks and wellbeing.
- 96% of participants in two menopause information workshops indicated improved knowledge on managing symptoms, self-care strategies, and understanding treatment options.

Some of the peer support sessions are run in languages other than English. For example, our Somali speaking Community Navigator focuses on listening to Somali women's specific experiences and needs, leading the group conversations in their mother tongue language. These groups could be the only gateway for some women to connect to other women people and gain access to wellbeing groups activities.

## The Maya Centre

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### Report of the trustees (continued)

For the year ended 31 March 2024

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#### ACHIEVEMENTS AND PERFORMANCE (continued)

The one-to-one support provided to women by the Women Hub's Community Navigators give women the opportunity to explore local resources, services, and activities. They actively engage with women to understand their specific needs, preferences, and challenges. Community navigators collaborate closely with professionals such as NHS services, mental health teams, GPs, and social services. By gathering essential information, they guide decisions and refer women to specialised help when needed.

#### Testimonials across our services:

Women attending The Maya Centre are invited to complete feedback forms when they end an activity. These feedback forms ask about their experience of the Centre and the service they have attended. Here are some quotes from our service-users during 2023-2024:

A (Women's Hub)

*"Every week, I looked forward to this group. Fitness was non-existent in my life because I don't see the joy in it, but when I saw the flyer, I just knew I had to try it out. E. the community navigator was such a character, the way she would lift everyone's spirits, was just pure. She has taught me to smile more as there's nothing wrong with a smile."*

B (Women's Hub)

*"I'm thankful for the neurodivergent group. S created a space that made me feel warm internally and accepted. Being alone impacted me; It's wonderful to find a sense of community and support among others who understand and share similar experiences."*

C (Art Therapy)

*Art Therapist: "My client who was having the same fear and nightmares from the age of five. ... she began with drawings and later my client was able to recreate her bedroom, using doll house toys and a shoe box, where she had experience Adverse Childhood Experience. She was able to navigate her feelings safely to such an extent that she is now less fearful to fall asleep at night."*

D (Irish Women's Project):

*'All staff know what they are doing, and they are very friendly and welcoming'... 'I can deal with life stuff better, instead of giving up - I'm now more determined.'*

E (Black Women's Project):

*"I was relieved..." "I managed to talk (about) some underlying issues I had never addressed"*

*"The shared experiences and togetherness were very helpful. (I) am a little less alone in my thoughts and feelings"*

F (Mind Body Therapies – Reflexology):

*"This treatment has brought ease to my life. The way my therapist is and how transparent and patient she is has made the world of difference. She is amazingly gifted"*

*"Very grateful and glad with the therapy I received. It has been immensely helpful with controlling my nervous system and realising my autonomy"*

G (Psychoeducation workshop on loss and bereavement):

*"As we are refugees, we have experienced more loss than most. I realized today I'm grieving, I'm grieving my life before, my culture, my country, the people I left behind. It's all loss."*

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2024

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#### ACHIEVEMENTS AND PERFORMANCE (continued)

##### Future Developments :

The period April 2023-2024 continued our development work to grow and develop our services and profile. Looking ahead, we continue to deliver on our Strategic Plan 2020-25, interpreting this each year according to our learning.

This includes:

- **Growing our services:** Over the coming year, we will focus on expanding our services to engage more young women and girls (18-25) years, to access our services. We aim to build resources to include a variety of offerings such as wellbeing workshops, psychoeducation, and both short- and long-term counselling. We will continue our aim to reach 500 unique beneficiaries each year, prioritising support for minoritised communities with services that address racial, cultural, and language needs. One significant development to our services will be building on our partnership with Islington Mind that gives us access to the Despard Road – Islington Mind Centre to provide a Women Sanctuary Day Centre, a consistent, safe space for women and girls in Islington. Here, they can access a range of resources, including wellbeing groups, group therapy, communal lunches, one-on-one support, and art and music therapies. We also look to expand resources dedicated to this vital area of our work.
- **Broadening our income sources:** We are currently developing and refining our finance, fundraising, and communication strategies. Our focus for the coming year will be to build on this year's success in attracting corporate funding and to expand these efforts further as well as grow individual contributions. A key section of our strategy is to strengthen donor relationships and establish effective recognition methods. These approaches are important to complement our significant income from Trusts and Foundations and will help ensure a steady increase in unrestricted funds. Moreover, we plan to diversify our revenue streams by exploring the idea of a counselling enterprise. This initiative would provide private counselling services to women who can afford it, as well as to women's charities and businesses looking to offer counselling support to their staff.
- **Increasing the visibility of our clients:** we aim to further develop our quarterly Women's Forum in 2024-25, working with Three groups of Expert by Experience- Volunteer Leaders to ensure that service-users are involved in both the design of our services and strategic influencing work. We are working towards this by also networking with several local stakeholders and partners. By supporting the voices of our service users, we strive to shape best practices and advocate for policy changes that improve services related to violence against women and girls (VAWG), mental health, and overall wellbeing for all women.
- **Amplify the Impact of Our Work:** Drawing on feedback and involvement from our service users, utilizing the skills within our pool of therapists, and seeking support from external resources and consultants, we will continue to showcase the impact of our work and strengthen our culture of intercultural and intersectional, women-for-women learning. Through the production of independent evaluations, reports, and publications, as well as active participation in sector discussions, we aim to share our impact, knowledge, and expertise with our peers, stakeholders, and the wider society.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued) For the year ended 31 March 2024**

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#### **Reference and administrative details**

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

#### **Our advisers**

<b>Independent examiner</b>	P.G. Browne FCA CTA Charter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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<b>Bankers</b>	The Co-operative Bank 1 Islington High Street London EC1Y 4YX
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CAF Bank  
25 Kings Hill Avenue  
West Malling  
Kent ME19 4JQ

#### **Directors and trustees**

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Meera Nair, Chair  
Ayan Man, Vice Chair  
Rochelle Burgess  
Monique Velani  
Dr Jessica Walker  
Gabriele Ruth Duesberg (appointed 28 November 2023)  
Tabia Farhin Salam (appointed 28 November 2023)  
Liberty Pattison (appointed 28 November 2023)  
Dr Rumina Taylor (appointed 28 November 2023)  
Su Yin Yap (appointed 28 November 2023)  
Karen Greenidge-Hutchinson (appointed 28 November 2023)  
Nishma Jethwa (resigned 1 August 2023)  
Dr Jennie Robertson (resigned 26 September 2023)

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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#### **Financial Review**

##### **Financial update**

Income for the year totalled £591,335, a decrease of £42,186 compared to the previous year. Expenditure for the year totalled £582,554 an increase of £75,435 compared to the previous year. The net surplus for the year was £8,781. This compares to a net surplus for the previous year of £126,402.

In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

##### **Reserves policy**

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

Our reserves are sufficient to cover 3 months running costs and we will endeavour to build on this.

##### **Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

##### **Structure, governance and management**

###### **Constitution**

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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#### **Method of appointment or election of Trustees**

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Rebecca Harrington, Katherine Tu, Lisa Marsh and Ieva Marcinkeviciute resigned, Dr Jessica Walker, Dr Jennie Robertson, Meera Nair, Ayan Man, Nishma Jethwa, and Rochelle Burgess were re-elected. Monique Velani was elected as the Interim Treasurer. Meera Nair was elected Chair; Ayan Man was elected Vice Chair.

#### **Policies adopted for the induction and training of Trustees**

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

#### **Organisational structure and decision making**

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with two sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Finance & Fundraising (chaired by Monique Velani).

The Board of Trustees appoints a CEO and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

#### **Risk management**

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies key risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2024**

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#### **Trustees' responsibilities statement**

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 26 November 2024 and is signed on its behalf.



**Meeta Nair**  
**Chair of Trustees**

## **The Maya Centre**

(A company limited by guarantee)

### **Independent examiner's report to the trustees For the year ended 31 March 2024**

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I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2024 which are set out on pages 20 to 35.

#### **Responsibilities and basis of report**

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

  
.....  
**P.G. Browne FCA CTA**

#### **Chanter, Browne & Curry**

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 26 November 2024

**The Maya Centre**  
(A Company limited by guarantee)

**Statement of financial activities**  
**For the year ended 31 March 2024**

**Summary income and expenditure account**

	<b><u>Notes</u></b>	<b>2024</b>		<b>2023</b>	
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>	<b>Total funds</b>
		<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income</b>					
Donations and grants	<b>2</b>	45,183	514,079	559,262	599,881
Other trading activities	<b>3</b>	30,586	-	30,586	33,537
Investments	<b>4</b>	1,487	-	1,487	103
<b>Total incoming resources</b>		<b>77,256</b>	<b>514,079</b>	<b>591,335</b>	<b>633,521</b>
<b>Expenditure</b>					
Raising funds	<b>5</b>	8,114	16,934	25,048	-
Charitable activities	<b>5</b>	88,589	468,917	557,506	507,119
<b>Total expenditure</b>		<b>96,703</b>	<b>485,851</b>	<b>582,554</b>	<b>507,119</b>
<b>Net income/(expenditure)</b>	<b>6</b>	<b>(19,447)</b>	<b>28,228</b>	<b>8,781</b>	<b>126,402</b>
Transfers between funds		7,116	(7,116)	-	-
Net movement in funds for the year		(12,331)	21,112	8,781	126,402
<b>Reconciliation of funds</b>					
Total funds brought forward		268,627	70,691	339,318	212,916
<b>Total funds carried forward</b>		<b>256,296</b>	<b>91,803</b>	<b>348,099</b>	<b>339,318</b>

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

## The Maya Centre

(A Company limited by guarantee)

### Balance sheet At 31 March 2024

	<u>Notes</u>	<u>2024</u> <u>Total funds</u>		<u>2023</u> <u>Total funds</u>	
		£	£	£	£
<b>Current assets</b>					
Debtors	8	58,839		62,119	
Cash at bank and in hand		381,887		342,099	
		<u>440,726</u>		<u>404,218</u>	
<b>Creditors: amounts falling due within one year</b>	9	<u>92,627</u>		<u>64,900</u>	
<b>Net current assets</b>			<u>348,099</u>		<u>339,318</u>
<b>Net assets</b>			<u>348,099</u>		<u>339,318</u>
<b>Funds of the charity</b>					
Restricted funds	10		91,803		70,691
Unrestricted funds					
General funds	10		<u>256,296</u>		<u>268,627</u>
<b>Total charity funds</b>			<u>348,099</u>		<u>339,318</u>

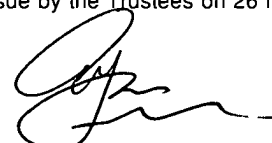
The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 26 November 2024 and signed on their behalf, by:

  
.....  
Meera Nair  
Chair

  
.....  
Monique Velani  
Trustee / VICE CHAIR

AYAN MAN  
CHAIR

Company Registration Number: 02701313

**The Maya Centre**

(A Company limited by guarantee)

**Statement of cash flows****For the year ended 31 March 2024**

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	<b>Notes</b>	<b>2024</b> £	<b>2023</b> £
<b>Cash flows from operating activities</b>			
Net cash provided by (used in) operating activities		39,685	51,939
<b>Cash flows from investing activities</b>		<u>103</u>	<u>103</u>
<b>Change in cash and cash equivalents in the year</b>	<b>12</b>	39,788	52,042
<b>Change in cash and cash equivalents in the year</b>			
Cash and cash equivalents brought forward		342,099	290,057
<b>Cash and cash equivalents carried forward</b>	<b>13</b>	<u>381,887</u>	<u>342,099</u>

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements For the year ended 31 March 2024**

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#### **1 Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

##### **1.1 Legal form**

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

##### **1.2 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

##### **1.3 Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### **1.4 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Currently there are no funds in this category.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

##### **1.5 Income**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements (continued)**

**For the year ended 31 March 2024**

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#### **1 Accounting policies (continued)**

##### **1.6 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

##### **1.7 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

##### **1.8 Operating leases**

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

##### **1.9 Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

##### **1.10 Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements (continued)**

**For the year ended 31 March 2024**

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#### **1 Accounting policies (continued)**

##### **1.11 Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

##### **1.12 Financial instruments**

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

##### **1.13 Taxation**

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

##### **1.14 Pensions**

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

##### **1.15 Judgements in applying accounting policies and key sources of estimation uncertainty**

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)**

**For the year ended 31 March 2024**

**2 Income from donations and legacies**

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Donations	19,071	-	19,071	86,078
Grants	26,112	514,079	540,191	513,803
	<u>45,183</u>	<u>514,079</u>	<u>559,262</u>	<u>599,881</u>

Grant income comprised:-

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
City Bridge Trust - BAMER	-	37,690	37,690	62,481
Cloudesley - Black Womens Project	-	35,000	35,000	32,500
Cloudesley - Main	-	-	-	3,750
Complementary Therapies	-	165	165	9,071
The Considered Ask Foundation	-	24,000	24,000	-
Cripplegate Foundation	26,000	-	26,000	33,875
Crucible Trust	-	-	-	9,000
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	32,496	32,496	32,700
Family Catalyst Fund	-	1,500	1,500	3,333
Hearthstone DV Project	-	6,437	6,437	12,152
Henry Smith	-	49,437	49,437	-
LB Islington & CCG	-	71,002	71,002	68,795
Lloyds TSB Foundation	-	-	-	20,050
MOPAC	-	44,652	44,652	53,653
MOPAC - Cost Of Living	-	27,933	27,933	-
MOPAC - Grassroots	-	-	-	48,002
MOPAC - VAWG Grassroots 2024	-	29,875	29,875	-
National Lottery Community Fund	-	116,392	116,392	120,273
Propel	-	37,500	37,500	-
The Charities Trust	112	-	112	2,418
Wates Foundation	-	-	-	1,750
	<u>26,112</u>	<u>514,079</u>	<u>540,191</u>	<u>513,803</u>

**3 Income from other trading activities**

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Fundraising income	28,087	-	28,087	23,408
Kickstarter scheme	-	-	-	10,306
Other	2,499	-	2,499	(177)
	<u>30,586</u>	<u>-</u>	<u>30,586</u>	<u>33,537</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued)

For the year ended 31 March 2024

#### 4 Investment income

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Bank interest receivable	1,487	-	1,487	103

#### 5 Expenditure

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
<u>Raising funds</u>				
Fundraising expenditure	8,114	16,934	25,048	-
<u>Charitable activities</u>				
Wages and salaries	42,961	165,551	208,512	204,550
National insurance	2,620	10,023	12,643	14,455
Pension contributions	1,100	2,974	4,074	3,278
Sessional workers	12,787	106,811	119,598	129,116
Clinical supervision	10,226	26,995	37,221	24,605
DBS Checks	162	-	162	184
Disbursements	-	30,031	30,031	1,735
Project costs	1,401	9,683	11,084	7,146
Group/non therapeutic sessions and psychoeducation	211	10,495	10,706	9,507
Consultancy	-	-	-	957
Rent and rates	157	55,180	55,337	43,315
Insurance	870	5,000	5,870	3,884
Utilities	953	4,800	5,753	5,605
Cleaning	958	2,000	2,958	2,090
Furnishings	46	-	46	10
Maintenance	836	-	836	1,770
IT costs	3,876	20,680	24,556	30,129
Printing, postage & stationery	1,053	2,313	3,366	3,135
Staff training and supervision	1,530	1,000	2,530	6,240
Telephone	803	2,448	3,251	5,234
Workshop expenses	-	5,017	5,017	3,098
Recruitment costs	1,395	354	1,749	100
Sundries	775	7,562	8,337	3,753
	84,720	468,917	553,637	503,896

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued)

For the year ended 31 March 2024

#### 5 Expenditure (continued)

##### Governance costs

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Independent examination fees	3,050	-	3,050	2,900
Legal and professional fees	48	-	48	48
Board expenses	771	-	771	275
	<u>3,869</u>	<u>-</u>	<u>3,869</u>	<u>3,223</u>
Total expenditure on charitable activities	<u>88,589</u>	<u>468,917</u>	<u>557,506</u>	<u>507,119</u>
Total expenditure	<u>96,703</u>	<u>485,851</u>	<u>582,554</u>	<u>507,119</u>

#### 6 Net income/(expenditure)

This is stated after charging:

	2024	2023
	£	£
Independent examination fee	<u>3,050</u>	<u>2,900</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2023 - £NIL).

#### 7 Staff costs

Staff costs were as follows:

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Wages and salaries	51,075	182,485	233,560	207,828
Social security costs	2,620	10,023	12,643	14,455
	<u>53,695</u>	<u>192,508</u>	<u>246,203</u>	<u>222,283</u>

The average number of persons employed by the charity during the year was as follows:-

	2024	2023
	£	£
Number of employees	<u>10</u>	<u>5</u>

No employee received remuneration amounting to more than £60,000 in either year.

The increase in staff costs relates mainly to the creation of a new funded role for fundraising and communication. The purpose of this new role is to establish and connect with both individual and corporate organisations.

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)  
For the year ended 31 March 2024****8 Debtors**

	<b>2024</b>	<b>2023</b>
	£	£
Prepayments	1,679	5,996
Other debtors	57,160	56,123
	<u>58,839</u>	<u>62,119</u>

**9 Creditors: Amounts falling due within one year**

	<b>2024</b>	<b>2023</b>
	£	£
Trade creditors	20,332	23,918
Accruals	26,382	33,140
Deferred income	36,763	-
Other creditors	9,150	7,842
	<u>92,627</u>	<u>64,900</u>

**Deferred income**

	£
Deferred income at 1 April 2023	-
Resources deferred during the year	36,763
Amounts released to income from previous periods	-
Deferred income at 31 March 2024	<u>36,763</u>

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)**

**For the year ended 31 March 2024**

**10 Statement of funds**

**Statement of funds - current year**

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
<b>General funds</b>	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
<b>Total unrestricted funds</b>	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
<b>Restricted funds</b>					
City Bridge Trust - BAMER	15,942	37,690	(34,385)	-	19,247
Cloudesley - Black Womens Project	11,993	35,000	(38,771)	-	8,222
Cloudesley - Main	3,058	-	-	(3,058)	-
Complementary Therapies	7,083	165	(3,569)	-	3,679
The Considered Ask Foundation	-	24,000	(16,934)	-	7,066
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,175	32,496	(31,780)	-	8,891
Family Catalyst Fund	3,476	1,500	(2,295)	-	2,681
Hearthstone DV Project	4,625	6,437	(5,993)	(5,069)	-
Henry Smith	-	49,437	(49,369)	-	68
LB Islington & CCG	-	71,002	(71,002)	-	-
MOPAC - Main	2,682	44,652	(44,652)	-	2,682
MOPAC - Cost Of Living	-	27,933	(26,039)	(1,894)	-
MOPAC - Grassroots	1,943	-	(4,848)	2,905	-
MOPAC - VAWG Grassroots 2024	-	29,875	(16,669)	-	13,206
National Lottery Community Fund	11,714	116,392	(113,800)	-	14,306
Propel	-	37,500	(25,745)	-	11,755
<b>Total restricted funds</b>	<u>70,691</u>	<u>514,079</u>	<u>(485,851)</u>	<u>(7,116)</u>	<u>91,803</u>
<b>Total funds</b>	<u>339,318</u>	<u>591,335</u>	<u>(582,554)</u>	<u>-</u>	<u>348,099</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2024

#### 10 Statement of funds (continued)

##### Statement of funds - prior year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
<b>Designated funds</b>					
Raising Profile	2,074	-	(2,074)	-	-
<b>General funds</b>	180,057	169,572	(78,434)	(2,568)	268,627
<b>Total unrestricted funds</b>	182,131	169,572	(80,508)	(2,568)	268,627
<b>Restricted funds</b>					
City Bridge Trust - BAMER	11,252	57,920	(53,230)	-	15,942
Cloudesley - Black Womens Project	-	32,500	(20,507)	-	11,993
Cloudesley - Main	9,731	3,750	(13,674)	3,251	3,058
Complementary Therapies	(642)	9,071	(1,346)	-	7,083
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,763	32,700	(33,288)	-	8,175
Family Catalyst Fund	422	3,333	(1,735)	1,456	3,476
Hearthstone DV Project	1,584	12,152	(9,111)	-	4,625
LB Islington & CCG	-	68,795	(68,795)	-	-
Lloyds TSB Foundation	-	20,050	(20,050)	-	-
MOPAC - Main	-	53,653	(50,971)	-	2,682
MOPAC - Grassroots	(2,464)	48,002	(43,595)	-	1,943
National Lottery Community Fund	-	120,273	(108,559)	-	11,714
Wates Foundation	-	1,750	(1,750)	-	-
	28,646	463,949	(426,611)	4,707	70,691
<b>Covid funds (restricted)</b>					
Lloyds React Fund	2,139	-	-	(2,139)	-
<b>Total restricted funds</b>	30,785	463,949	(426,611)	2,568	70,691
<b>Total funds</b>	212,916	633,521	(507,119)	-	339,318
London Community Response Fund	-	49,643	(49,643)	-	-
London Funders Wave 3	7,441	7,890	(14,990)	(341)	-
DCMS	17	-	(1,376)	1,359	-
Cloudesley Emergency Fund	3,343	-	-	(3,343)	-
<b>Total restricted funds</b>	223,717	691,054	(573,128)	(2,325)	339,318
<b>Total funds</b>	233,448	694,804	(586,802)	926	342,376

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2024

#### 10 Statement of funds (continued)

##### Statement of funds - current year

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	268,627	77,256	(96,703)	7,116	256,296
	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Restricted funds	70,691	514,079	(485,851)	(7,116)	91,803
<b>Total funds</b>	<b><u>339,318</u></b>	<b><u>591,335</u></b>	<b><u>(582,554)</u></b>	<b><u>-</u></b>	<b><u>348,099</u></b>

##### Statement of funds - prior year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
	<u>182,131</u>	<u>169,572</u>	<u>(80,508)</u>	<u>(2,568)</u>	<u>268,627</u>
Restricted funds	30,785	463,949	(426,611)	2,568	70,691
<b>Total funds</b>	<b><u>212,916</u></b>	<b><u>633,521</u></b>	<b><u>(507,119)</u></b>	<b><u>-</u></b>	<b><u>339,318</u></b>

The charity's funds comprise the following:

##### Restricted funds

City Bridge Trust – to expand counselling services to BAMER women.

Cloudesley Black Women's Project - funding for targeting Black African and Caribbean women for 1-2-1 counselling, group therapy and psychoeducation groups.

Cloudesley - This funding has been restricted for therapeutic group work.

Complementary Therapies - funding restricted for the provision of Reiki, Massage and Reflexology sessions to women affected by domestic violence and sexual abuse.

Considered Ask Foundation – to cover the cost of the Communications and Fundraising manager.

Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme (Irish project) received a grant of £32,496 for the year from 1st July 2023 to 30th June 2024. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2024. Three months grant income amounting to £8,891 has been deferred to the 2024-25 financial year and will be utilised by 30th June 2024.

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements (continued)**

**For the year ended 31 March 2024**

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#### **10 Statement of funds (continued)**

##### **Restricted funds (continued)**

Family Catalyst – funding restricted awarded to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help. For example, educational opportunities, starting a hobby or tickets to events etc.

Hearthstone DV Project - funding restricted for the provision of shorter-term counselling women who have experienced domestic violence.

Henry Smith – to cover core costs of the organisation.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence and child sexual abuse.

MoPAC: Grassroots – to contribute toward the delivery of psycho-education and art therapy for women from refugee, trafficked and isolated migrant backgrounds.

MOPAC: VAWG Grassroots 2024: funded for a collaborative agreement to support and empower black minoritized women from refugee, asylum-seeking and vulnerable migrant communities.

MOPAC: Cost of Living – a small grant given to help women and girls affected by VAWG who are impacted with the cost of living crisis.

MoPAC: Main – funding provided for women who have suffered domestic abuse and sexual violence trauma.

The National Lottery Community Fund - for the Community Development Programme to empower the women in the community for practical and social skills and well-being support for minoritized women.

Propel – grant given towards the costs of an Explore project.

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued)

For the year ended 31 March 2024

#### 11 Analysis of net assets between funds

##### Current year

	2024		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	256,296	184,430	440,726
Creditors due within one year	-	(92,627)	(92,627)
	<u>256,296</u>	<u>91,803</u>	<u>348,099</u>

##### Prior year

	2023		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	268,627	135,591	404,218
Creditors due within one year	-	(64,900)	(64,900)
	<u>268,627</u>	<u>70,691</u>	<u>339,318</u>

#### 12 Reconciliation of net movement in funds to net cash flow from operating activities

	2024	2023
	£	£
Net income for the year (as per statement of financial activities)	8,781	126,402
(Increase)/decrease in debtors	3,280	(13,810)
Increase/(decrease) in creditors	27,727	(60,550)
<b>Net cash provided by operating activities</b>	<u>39,788</u>	<u>52,042</u>

#### 13 Analysis of cash and cash equivalents

	2024	2023
	£	£
Cash at bank and in hand	<u>381,887</u>	<u>342,099</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2024

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#### 14 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2024	2023
	£	£
Not later than one year	59,800	-
Later than one year and not later than five years	222,922	-
Total	<u>282,722</u>	<u>-</u>

#### 15 Related party disclosures

There were no related party transactions for the year ended 31 March 2024.